



FSS Newsletter

stop watering
the weeds
in your life
and start
watering the
flowers



Get Rid of the “Weeds” in Your Life

Weeds are the dreaded enemy of beautiful gardens because they compete with your flowers for water and nutrients. Likewise, the weeds in your life sap your energy and block positive thoughts and action toward your goals.

What are some of these weeds?

- Some were born into your life through no fault of your own, family. Some family are nurturing and a joy to have in your life. Others are toxic and negative. We're not saying to walk away from family, but let them know that their negativity is not appreciated and discuss how to make things better.
- Some weeds are brought into your life, friends. Be selective about sharing your dreams with those who don't have your best interest at heart. Sometimes “friends” may be jealous or don't think you can reach your goals. Try showing them support and being positive with them, in hopes that it will spread.
- Some weeds come into your life based on circumstances and situations, neighbors, coworkers. Some of these people share your interests and become close friends. Others may feel threatened by your positive actions and work to sabotage you. Don't let them block your light, keep reaching for the sky.

How do you remove the weeds from your life?

- Minimizing contact is the first step, maybe they will then see that they are having a negative impact on your life.
- Preventing future weeds from entering and taking over your life is the next step. Now that you can recognize them, you can keep them from taking over!

Back to School Supply Distribution

Coles County: Charleston—Salisbury Church 2350 Madison Ave. August 5 from 6-8 pm. Mattoon—Catholic Charities 4217 DeWitt across from Rural King, must take proof of residency and proof of guardianship

Livingston County: Pontiac—Salvation Army 112 N. Division St. August 6-8 from 9-Noon, must bring signed LINK card with ID

McDonough County: Macomb—Lincoln School 315 N. Bonham St. August 10 from 10 am—2 pm, Back to School Bash includes free school supplies and free haircuts

Menard County: Athens—110 W. Athens Blacktop, Parkside Community Room August 10 from 9-11 am—please bring postcard that you received in the mail. Petersburg —113 W. Antle, Hillside Terrace Community Room August 15 from 1-5 pm—please bring postcard that you received in the mail. Greenview—will be distributed by CAPCIL

Reminders

MCHA Office Hours:

Monday-Thursday
8 am-4:30 pm

Friday
8 am-Noon

FSS Coordinator

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Building Your Career. Building Relationships.

Express Employment Professionals puts people to work in all types of jobs. When you work with Express, you build a relationship with a team of employment professionals in your community who have in turn built personal relationships with businesses that are hiring. Whether you're building a new career or looking for a short-term job to supplement your income, they offer the flexibility to work the way you want, and you'll never pay a fee to Express for their services and support.

Types of Jobs: Explore a range of jobs that could be the right fit for you.

Hiring Process: In a few easy steps, they'll match your skills to available jobs.

Career Development: Training resources to help you get where you want to go.

Forms: Express offers commonly used forms for your convenience.

Local Offices:

Coles County—

616 Charleston Drive
Mattoon 217-234-2211

Livingston County—

2203 E. Empire
Bloomington 309-662-6922

McDonough/Scott County—

1122 Wall St.
Jacksonville, IL 217-245-5700

Menard County—

3000 Professional Drive
Springfield 217-528-3000

Visit Express Employment Professionals at: www.expresspros.com

CONGRATULATIONS FSS GRADUATES!

Cindy completed her five-year contract by obtaining and maintaining suitable employment and being welfare-free for the last 12 consecutive months of her contract! Cindy received an escrow check of over \$5,000 .

Nancy became a homeowner after being on the program for a year and a half. She has a job that she is proud of and completed her goals early! Nancy received an escrow check of over \$1,000 .

Ramona decided to move to Chicago to live closer to her son after being on the program for over a year. She maintained suitable employment, was welfare-free for the last 12 consecutive months and met her personal goals! Ramona received an escrow check of over \$800.

Why It's Important to Continue Growing

Staying the same is comfortable, but it doesn't help you achieve new goals or improve yourself in any way. Everyone has room for growth. Personal improvement helps you uncover a better version of yourself. You don't have to completely change yourself, but making improvements throughout your life helps you achieve more.

Personal growth helps you get excited about life. You may find yourself more excited about life in general when you focus on your growth. It's exciting to learn new things and uncover new talents you didn't realize you had. You become more aware of how many opportunities there are in life.

The way you work on yourself depends on your own goals and areas you want to improve. It's often the little things that help you improve personally. Taking a chance to try something new might get the ball rolling, for example. Organizing your space and filling it with inspirational items may encourage you to start improving.

Start by figuring out how you want to improve yourself. Maybe you want to be more patient, organized, assertive or compassionate. Look at your strengths and weaknesses to help you figure out the areas you want to focus on.

Once you know what you want to do, you need a plan for getting there. Break down the steps you need to take to reach your goals. Being open to new experiences can be a major stepping stone to personal growth. Those experiences give you knowledge and may change your perspective. You may also discover new interests and develop a stronger sense of self-awareness simply by being open to the opportunities that present themselves to you.



By Shelly Frost

Menard County Housing Authority

Your Provider of Affordable Housing Services!

Our mission is to promote and provide quality housing while encouraging upward mobility and a better quality of life.

Our vision is creating housing that families and communities can be proud of.

Stand Tall and Succeed

Set your goal

Understand the obstacles

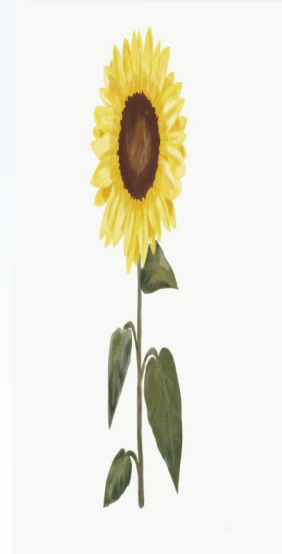
Create a positive mental picture

Clear your mind of self-doubt

Embrace the challenge

Stay on track

Show the world you can do it!



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Authority

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